

Reflection and mental state in different forms of learning activity of students

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Abstract

In the context of study of mental states' reflexive regulation, the results of studies of the interrelations between reflection and mental states in the activities of students were presented. The study involved students of 2-3 courses of humanities (75 students and 18 men and 57 women) and natural sciences (73 students and 31 men and 42 women), average age - 19 years. We used a set of techniques aimed to the diagnosis of cognitive and regulatory components of reflection, diagnosis of mental states, as well as the original method of reflection diagnosis. It was found that the direct and inverse interrelations of reflection and mental states are characterized by non-linear relationships. It is shown that interrelations between reflection and mental states mediated by specificity of students' learning activity: orientation and forms of learning.

Keywords

Interrelaton, Learning activity, Mental state, Reflection, Regulation